

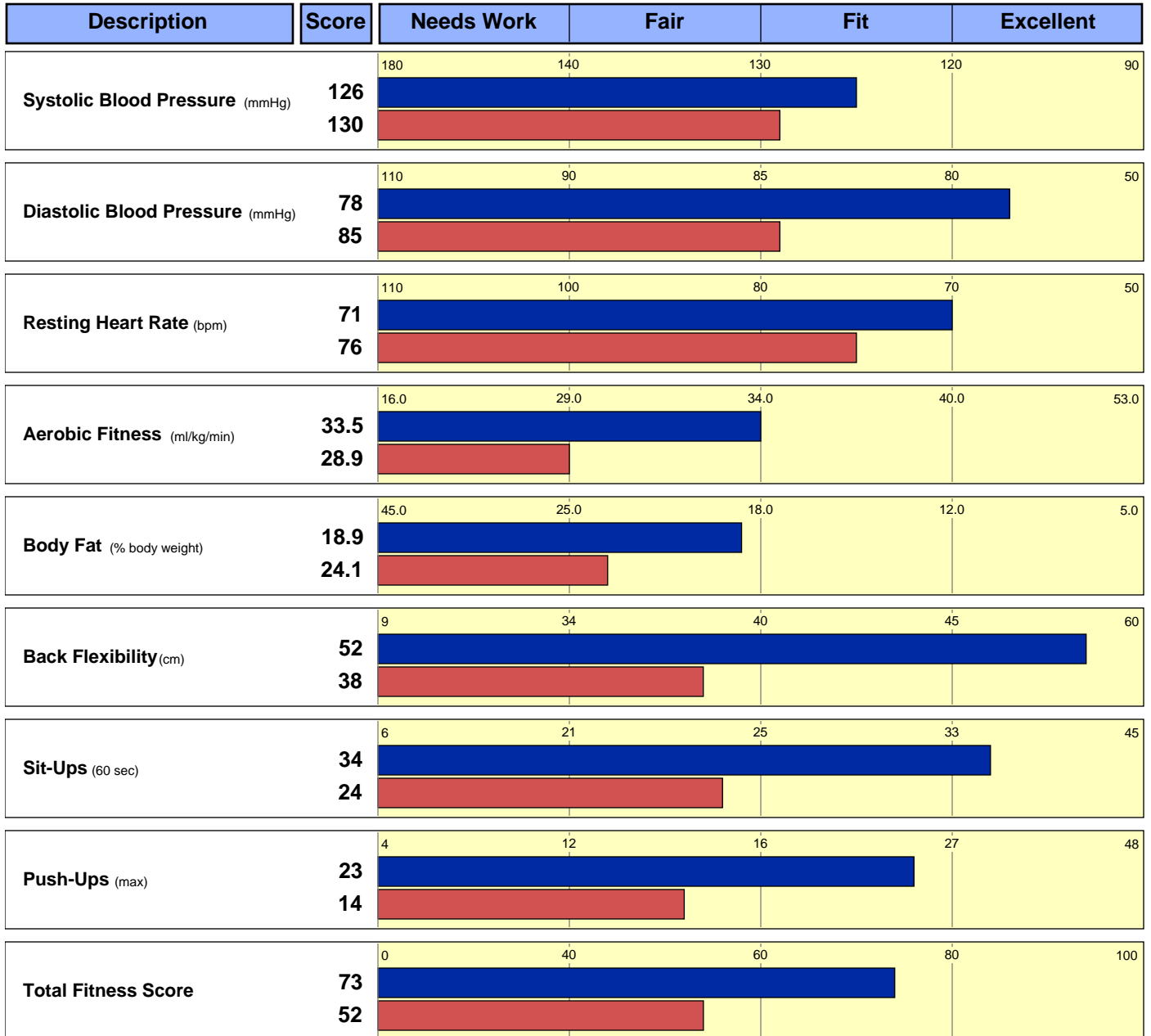


Fitness Profile

Name: John Sample
Age: 41

Standard: 40-49 years
Gender: Male

■ Mar 18, 2006
■ Jan 12, 2006



Description	Jan 12, 2006	Mar 18, 2006	Difference	Percent
Height (in)	72.00	72.00	0.00	0.0%
Weight (lbs)	218.0	205.0	- 13.0	- 6.0%



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Description	Jan 12, 2006	Mar 18, 2006	Difference	Percent
Chest Skinfold (mm)	16.0	12.0	- 4.0	- 25.0%
Abdomen Skinfold (mm)	36.0	27.0	- 9.0	- 25.0%
Thigh Skinfold (mm)	26.0	20.0	- 6.0	- 23.1%
Shoulders Circumference (in)	56.00	55.00	- 1.00	- 1.8%
Chest Circumference (in)	44.00	43.00	- 1.00	- 2.3%
Waist Circumference (in)	38.00	36.00	- 2.00	- 5.3%
Abdomen Circumference (in)	39.00	36.50	- 2.50	- 6.4%
Hips Circumference (in)	42.00	41.00	- 1.00	- 2.4%
Right Biceps Circumference (in)	14.00	13.75	- 0.25	- 1.8%
Right Forearm Circumference (in)	11.25	11.00	- 0.25	- 2.2%
Right Thigh Circumference (in)	23.25	22.50	- 0.75	- 3.2%
Right Calf Circumference (in)	15.00	14.50	- 0.50	- 3.3%
Left Biceps Circumference (in)	14.00	13.75	- 0.25	- 1.8%
Left Forearm Circumference (in)	11.00	11.00	0.00	0.0%
Left Thigh Circumference (in)	23.00	22.25	- 0.75	- 3.3%
Left Calf Circumference (in)	15.00	14.50	- 0.50	- 3.3%



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Description	Score	Water	Prot/Min	Fat
Component Body Weight (lbs)	205.0	122.7	43.6	38.7

		Needs Work	Fair	Ideal
Body Fat (% Body Weight)	18.9	45.0	25.0	18.0
Weight at Body Fat (lbs)	205.0	302.4	221.7	202.8
				175.1

Description	Jan 12, 2006	Mar 18, 2006	Difference	Percent
Total Weight (lbs)	218.0	205.0	- 13.0	- 6.0%
Body Fat (% body weight)	24.1	18.9	- 5.2	- 21.6%
Body Fat Weight (lbs)	52.5	38.7	- 13.8	- 26.3%
Lean Weight (lbs)	165.5	166.3	+ 0.8	+ 0.5%
Water Weight (lbs)	122.1	122.7	+ 0.6	+ 0.5%
Protein/Mineral Weight (lbs)	43.4	43.6	+ 0.2	+ 0.5%
Chest Skinfold (mm)	16.0	12.0	- 4.0	- 25.0%
Abdomen Skinfold (mm)	36.0	27.0	- 9.0	- 25.0%
Thigh Skinfold (mm)	26.0	20.0	- 6.0	- 23.1%